

NEW(S) HORIZON

A NEWSLETTER FROM THE WALPOLE COUNCIL ON AGING

APRIL 2018

WEEKLY/MONTHLY EVENTS

COMMUNITY OUTREACH

AARP TAX PROGRAM
FARMERS MARKET COUPONS
FUEL ASSISTANCE
HOME HEALTHCARE
HESSCO LUNCH
MEDICAL RIDES
WELLBEING CHECKS
VETERANS MEETINGS

EXERCISE

CHAIR EXERCISE
CHAIR VOLLEYBALL
WALKING CLUB
WII BOWLING
YOGA
ZUMBA

HEALTH AND SAFETY

FLU CLINICS
FOOT CARE
NUTRITION
NURSE VISITS
MEDICAL RIDES
MEDICARE PLANNING
TRIAD
WALPOLE VNA NURSING

SOCIAL ACTIVITIES

BINGO
BRIDGE
CREATIVE CORNER
KNITTING CLUB
MAH JONGG
SENIOR SINGING GROUP
WRITING GROUP

TRIPS

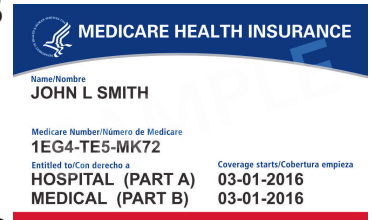
DAY OF BEAUTY
STOP & SHOP
ERRAND DAYS
REGIONAL DAY EXCURSIONS

MEDICARE HEALTH INSURANCE CARDS

New Medicare cards will be sent to Medicare recipients between April 2018 and April 2019 and timeframe may vary from your neighbor or even your spouse. Social Security numbers are being removed to help protect your identity. You will have a new unique Medicare number only to be used for Medicare coverage.

Your Social Security number is not changing and will still be used for other purposes as before. If your address is not correct with Social Security, you should contact the agency at 1-800-772-1213. The Federal Trade Commission (FTC) warns against scammers posing as Medicare “agents” or healthcare providers telling seniors they need to purchase a replacement card.

The new Medicare cards are free. The only action you need to take is to ensure Social Security has your current address.



TRANSPORTATION SERVICE UPDATE

On the first Monday of each month transportation to the Walpole Mall and Walmart will be available as part of our local errands service. In addition, we will make a trip to the Walpole Mall and Walmart two other days each month.

- **Wednesday, April 12: Walpole Mall**
- **Thursday, April 26: Walmart**

Transportation Services are subject to change.



The mission of the Walpole Council on Aging is to promote social, recreational and educational activities and provide advocacy and assistance to Walpole Seniors and their families.

Hours: Monday, Wednesday, Thursday, Friday, 8:30AM – 4:30PM; Tuesday 8:30AM – 8:00PM
135 SCHOOL STREET, WALPOLE, MA 02081,
Telephone: 508-668-3330, Website: www.walpole-ma.gov

APRIL TRIPS & EVENTS

DATE	EVENT	DESCRIPTION	TIME & LOCATION (subject to change)
TUESDAY 4/3	Memory Café	Fun & welcoming event for people with forgetfulness and their friends or loved ones.	1:00—2:30PM United Church
WEDNESDAY 4/4	Coffee with Attorney J. DiPietro & Patrick McDermott, Clerk Magistrate	Register of the Norfolk Division of the Probate Court, Patrick McDermott discusses the value of estate planning as it relates to “avoiding probate.”	11:00AM—12:00PM COA RESCHEDULED FROM MARCH CLOSURE
THURSDAY 4/5	Red Sox Season Opener	Celebrate the Red Sox Opener against the Tampa Bay Rays with a Hot Dog Lunch and the game. Registration required.	12:00PM Lunch 2:05PM First Pitch
THURSDAY 4/5	Chickie Flynn’s Lunch	Registration required, preference to those who didn’t attend in February. \$2.50 pp.	Van leaves COA at 11:00AM
MONDAY 4/9	Blood Pressure Clinic	Meet with Leandra McLean, RN for a blood pressure check and quick health update.	9:30– 11:30AM COA
MONDAY 4/9	Health Benefits of Chocolate	Kristen from ComforCare shares some hidden health benefits of chocolate with samples. Registration requested.	11:00AM COA
MONDAY 4/9	Big Y Supermarket Tour	Registered Dietician Kathy Johnson hosts a tour of the Walpole BigY. A fun shopping adventure. Registration required, limited to 15.	Meet in the Bakery 1:30PM
TUESDAY 4/10	Taking the Mystery out of Hospice and Palliative Care	Healthcare Dimensions presents an educational program about Palliative Care. What is it? What does it include? Who qualifies?	10:30AM COA
WEDNESDAY 4/11	Continuum of Care Panel Discussion	Learn how healthcare service providers work together to meet patient needs; Norwood Hospital, WAVNA, Home Instead, and Charwell House. \$3 HESSCO Lunch available.	11:00AM COA
WEDNESDAY 4/11	Gerry’s Lunch	Join us at Gerry’s, Tri-County HS for lunch, dessert and coffee, \$ 9.95 per person.	11:00AM Tri County HS
THURSDAY 4/12	Rep. Shawn Dooley Office Hours	State Representative Shawn Dooley , 9th District will hold office hours.	1:00PM COA
FRIDAY 4/13	Leandra McLean, RN Wellness Lecture	National Healthcare Decisions Day is April 16th. Join us to learn about the importance of healthcare decision making.	11:00AM COA
WEDNESDAY 4/18	TRIAD	Norfolk County Sheriff’s Department’s monthly educational session.	11:00AM —11:30AM COA
WEDNESDAY 4/18	APRIL Birthday Party	Is it your birthday this month? Celebrate your birthday with friends at the COA. Cake generously donated by Harrington House.	1:30PM COA, Free
THURSDAY 4/19	History of Old Town Hall –Roger Turner	Roger Turner visits the COA to share the history of the Old Town Hall.	10:00AM
THURSDAY 4/19	Wheel of Fortune	Laurie Blake from Home Instead brings Wheel of Fortune to the Center.	1:00—2:00PM COA
MONDAY 4/23	Blood Pressure Clinic	Meet with Leandra McLean, RN for a blood pressure check and quick health update.	9:30– 11:30AM COA
MONDAY 4/23	MA Commission for the Blind	Join us to learn about available services you might qualify for through the Commission.	11:00AM COA

APRIL TRIPS & EVENTS

DATE	EVENT	DESCRIPTION	TIME & LOCATION (subject to change)
WEDNESDAY 4/25	Creative Corner	The Labyrinth comes to the COA. Calm your mind, calm your soul, come explore.	1:00—2:00PM COA
THURSDAY 4/26	Day of Beauty	Manicures, facials, hair color & cuts. Lunch at Gerry's if open. Registration required. Limit 6 participants.	8:30AM—2:00PM Van leaves COA at 8:30AM
THURSDAY 4/26	COA Board Meeting	COA Board Monthly Meeting in Town Hall	1:30—2:30PM Room 112
MONDAY 4/30	University Station Shop and Dine	Anchored by Target and Wegmans, University Station features an exciting mix of stores and restaurants	Van leaves COA 10:30AM— returning at 2:00PM



SAVE THE DATE: MONDAY, MAY 14, 2018, Golf Tournament

Support Walpole's New Senior Center, The Walpole Co-Operative Bank South Street Center
Tournament to held at Walpole Country Club, 233 Baker Street, Walpole, MA 02081
Organized by The Friends of Walpole Elders is a registered nonprofit 501 (c)(3)charitable organization.



NURSE'S NOTE

I am hoping that Spring really has arrived (we have just had back to back Nor'easters as I write this). My message this month is twofold. First and foremost, get out and see the sunshine, feel it on your face and body. Breathe deeply, listen to the nature sounds around you and visualize the renewal of nature. These are all very strong primitive forces that provide positive influence on our very being!

Secondly, as nature renews, we also look around ourselves to renew. Now is the perfect time to clean out the medicine cabinet (or shoebox, kitchen cabinet or other hide-away). Get rid of medication you no longer take, outdated medication and any other "gems" you have been saving for a rainy day. **Medication cannot just be thrown in the trash or flushed!** There is a 24/7 medication disposal kiosk at the Walpole Police Department for pills and patches. Used syringes can be dropped off in appropriate sealed containers at the Walpole Area VNA.

Easy to use medication disposal bags (Rid-Med) are available at the COA or Health Department, so you can safely dispose of medication in an environmentally responsible way. There are many options! You can always ask me, the COA or Health Department if you have questions or need assistance.

Be well,
Leandra McLean RN, BSN, CEN, CCRN

Live.Life.Healthy

APRIL 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 SIGN UP DAY WALMART/MALL 8:50AM ZUMBA 10:00AM Exercise Class 11:00AM Chair Volley 12:00PM HESSCO lunch 12:30PM Dominos 1:30PM Mah Jongg 2:00PM Line Dance	3 AM Stop & Shop 8:30AM Bird Park Walking 10:00AM Handcrafters 12:00PM HESSCO lunch 1:30PM YOGA 4:00PM A Musical In- terlude	4 10:00AM Exercise Class 11:00AM TRIAD 12:00PM HESSCO lunch 12:30PM Pokeno 2:00PM Senior Moments	5 8:30AM Bird Park Walking 10:00 Handcrafters 10:30AM YOGA 12:00PM HESSCO lunch 1:15PM Bridge 	6 9:00AM Zumba 10:00AM Wii Bowling 12:00PM HESSCO lunch 12:30PM Bingo
16 PATRIOTS DAY  CENTER CLOSED	17 AM Stop & Shop 8:30AM Bird Park Walking 10:00AM Handcrafters 12:00PM HESSCO lunch 1:30PM YOGA 4:00PM A Musical In- terlude	18 10:00AM Exercise Class 11:00AM TRIAD 12:00PM HESSCO lunch 12:30PM Pokeno 2:00PM Senior Moments	19 8:30AM Bird Park Walking 10:00 Handcrafters 10:30AM Yoga 12:00PM HESSCO lunch 1:00PM Wheel of Fortune 1:15PM Bridge	20 9:00AM Zumba 10:00AM Wii Bowling 12:00PM HESSCO lunch 12:30PM Bingo
30 8:50AM ZUMBA 10:00AM Exercise Class 11:00AM Chair Volley 12:00PM HESSCO lunch 12:30PM Dominos 1:30PM Mah Jongg 2:00PM Line Dance			**HESSCO lunch is provided daily for a \$3 donation. Call 781-784-4944 24 hrs. in advance for reservations or cancellations ALL PROGRAMS ARE 1 HOUR LONG UNLESS OTHER- WISE NOTED	


Please **sign up** for **ALL** trips and events you would like to attend.

IN-PERSON and **PHONE** registration begin **Thursday, March 1st at 8:30AM.**

*You must speak to a desk volunteer. Leaving a voicemail **does not** register you for programs.*

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23 8:50AM ZUMBA 10:00AM Exercise Class 12:00PM HESSCO lunch 12:30PM Dominos 1:30PM Mah Jongg 2:00PM Line Dance	24 AM Stop & Shop 8:30AM Bird Park Walking 10:00AM Knitting 12:00PM HESSCO lunch 1:30PM YOGA 4:00PM A Musical Interlude	25 10:00AM Exercise Class 11:00AM Chair Volley 12:00PM HESSCO lunch 1:00PM Creative Corner 2:00PM NO Senior Moments	26 WALMART 8:30AM Bird Park Walking 10:00 Handcrafters 10:30AM YOGA 12:00PM HESSCO lunch 1:15PM Bridge 1:30M Writing Club @ Library	27 9:00AM Zumba 10:00AM Wii Bowling 12:00PM HESSCO lunch 12:30PM Bingo



2018 Opening Day

Thursday, April 5rd, 2:05PM

RED SOX vs. TAMPA BAY RAYS







FROM THE DIRECTOR

"It is only the farmer who faithfully plants seeds in the Spring, who reaps a harvest in Autumn.: B.C. Forbes. This month at the COA, there are many programs to increase your understanding of topics that are sometimes difficult to address that can affect your future. We hope that you will arm yourself with information. Whether it is making healthy buying choices at the grocery store or understanding palliative care benefits or even completing your healthcare decision documents, there are lots of opportunities for personal growth. **Join me on FRIDAY April 20th at 11:00AM for a Director Coffee with refreshments.**

Peggy McDonough, our Interim SHINE Counselor, has been booked solid in March and we are happy to have her on Tuesdays in April. If you or a loved one has questions about their medical insurance, consider making an appointment with Peggy. She is so helpful!

Please join us on Fridays around noon to shop the Walpole Food Pantry offerings and listen for robo calls regarding Monday Walpole Food Pantry events. Sign-in is required by the Greater Boston Food Bank.

TASTY CREATIONS 2018



We are planning a second edition of our cook book "Tasty Creations".

Submit your recipe with the name of the dish, list of ingredients, instructions, cook time and temperature on a 8 1/2 x 11 sheet, one page only. Please include your name and any comments about the dish (PRINT or TYPE).

Drop off your recipe in the collection box at the COA. Please attach your name and phone number in the event we have questions about the recipe. **Submission Deadline: Tuesday, May 1st.**

A NOTE FROM YOUR OUTREACH WORKER!

As the weather gets warmer it is an excellent time of year to start that walking program you thought about January 1st. Regular walking, like most aerobic activities, is good for you because cardio-vascular exercise strengthens the heart and lungs, increasing overall fitness. Enjoy the weather and a walk.

Our fuel assistance program will be ending May 1st, so let me know if you still think you need assistance. Please contact me at **508-660-7362**. Looking forward to a warm spring.



Laurel St. Pierre, Outreach Worker Office Hours: Monday-Thursday, 9:00AM-3:00PM

NEW(S)HORIZON

Walpole Council on Aging
Town Hall , 135 School Street
Walpole, MA 02081

Telephone: (508) 668-3330

Fax: (508) 660-7363

Kerri McManama, Director COA

Laurel St. Pierre, Outreach

Christine Tetreault, Advocate

Jane Wulk, Van Driver

Carol Fellini, Van Driver

Jim Hinds, Van Driver

Richard McCarthy, Chairman COA Board

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*Friends of the Walpole
Elders, Inc.
P.O. Box 186
East Walpole, MA 02032*

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WALPOLE COUNCIL ON AGING PROFESSIONAL SERVICES

HESSCO Meal Site: (508) 668-3423,
lunch provided daily at COA for a \$3.00
donation. Call for reservations or
cancellations, 781-784-4944 at least 24
hours in advance.

Public Health Nurse: blood
pressure screenings and health
information two Monday mornings a
month at 9:30AM (times subject to
change).

Legal Services: 2nd Wednesday of
the month, 11:00AM—12:00PM Free

Foot Care: Mondays by appointment
only, 9:00AM— 2:00PM, Cost is \$20.
Call (508) 668-3330.

HELPFUL NUMBERS TO REMEMBER:

**NORFOLK COUNTY “ARE YOU OK?”
(866) 900-RUOK (7865)**

Receive a call daily to make sure you are up and OK!

**POLICE (Non-emergency) 668-1212
FIRE DEPARTMENT (Non-emergency) 668-0260**